

## **WATERMELON GAZPACHO**

Watermelon can be combined with savory ingredients for a surprising and refreshing twist in this simple and quick gazpacho recipe.

Preparation time: 30 minutes

Serves: 4

## **INGREDIENTS:**

- 4 cups cubed, seeded watermelon, divided
- 1 cucumber, peeled, coarsely chopped, divided
- 1 garlic clove, minced
- 2 tbsp chopped onion
- 2 tsp lime juice

- 1 tsp olive oil
- 1 tbsp chopped fresh basil
- 1/8 tsp ground black pepper
- ½ jalapeño pepper, seeded and chopped (optional)

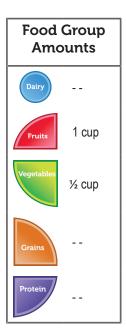


## **DIRECTIONS:**

- 1. In a small bowl, mix 1 cup of cubed watermelon and ½ of chopped cucumber; set aside.
- 2. Process remaining ingredients in a food processor or blender until puréed.
- 3. Transfer all ingredients to a large bowl and stir.
- 4. Refrigerate until ready to serve.

## **Serving Suggestions:**

Serve with an 8 oz glass of non-fat milk and whole-grain pita bread/chips with 2 tbsp hummus.



Nutri	tion	Fa	cts
Serving Size (211g)			
Servings Per Container			
Gervinga i ei	Containe	Į.	
Amount Per Sen	ving		
Calories 70	Calc	ries fron	n Fat 15
		% Da	ily Value*
Total Fat 1.5g			2%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 0mg			0%
Total Carbohydrate 13g 4%			
Dietary Fiber 1g			4%
Sugars 10g			
Protein 1g			
Vitamin A 209	% • \	Vitamin C	25%
Calcium 2%	• 1	ron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calones: 2,000 2,500			
Cholesterol Sodium Total Carbohydrat Dietary Fiber		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

Recipe Submitted by Produce For Better Health Foundation



